



National Nutrient Database for Standard Reference

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	79.11	16	0.337	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	74	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	310	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	0.75	16	0.028	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.66	16	0.010	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	19.18	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	2.9	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2002
Sugars, total	g	16.26	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2002
Minerals													
Calcium, Ca	mg	35	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.37	16	0.020	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	17	16	1.175	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	14	16	1.125	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	232	8	10.960	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	1	8	0.041	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.15	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.070	16	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.128	16	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2002
Vitamins													
Vitamin C, total ascorbic acid	mg	2.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.060	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.400	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.300	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.113	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Folate, DFE	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total	mg	4.7	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta	µg	85	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2002
Vitamin A, IU	IU	142	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2002
Lutein + zeaxanthin	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2002
Vitamin E (alpha-tocopherol)	mg	0.11	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	4.7	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2002
Lipids													
Fatty acids, total saturated	g	0.060	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:0	g	0.046	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	0.066	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
18:1 undifferentiated	g	0.066	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.144	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:2 undifferentiated	g	0.144	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phytosterols	mg	31	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Amino Acids													
Tryptophan	g	0.006	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Threonine	g	0.024	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Isoleucine	g	0.023	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Leucine	g	0.033	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lysine	g	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Methionine	g	0.006	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Cystine	g	0.012	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phenylalanine	g	0.018	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Tyrosine	g	0.032	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine	g	0.028	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Arginine	g	0.017	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Histidine	g	0.011	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Alanine	g	0.045	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Aspartic acid	g	0.176	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glutamic acid	g	0.072	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glycine	g	0.025	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Proline	g	0.049	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Serine	g	0.037	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Flavonoids													
Anthocyanidins													
Cyanidin ^{3 4}	mg	0.50	--	0.07	0	1.11	--	--	--	--	--	--	--
Petunidin ⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Delphinidin ⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Malvidin ⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Pelargonidin ^{3 4}	mg	0.0	--	0	0	0.03	--	--	--	--	--	--	--
Peonidin ^{3 4}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin ^{4 5 6 7}	mg	1.6	55	0.18	0	4.03	--	--	--	--	--	--	--
(-)-Epigallocatechin ^{4 5}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin ^{4 5 6 7}	mg	0.5	56	0.06	0	0.97	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate ^{4 5}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate ^{4 5}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin ^{4 5}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin ⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Naringenin ⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin ^{4 8}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Luteolin ^{4 8}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavonols													
Kaempferol ⁸	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Myricetin ^{4 8}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Quercetin ^{4 7 8}	mg	5.5	58	0.59	0	14.21	--	--	--	--	--	--	--
Isoflavones													
Daidzein ⁹	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein ⁹	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones ⁹	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers ^{1 2}	mg	0.0	--	0.01	0	0.03	--	--	--	--	--	--	--
Proanthocyanidin trimers ^{1 2}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers ²	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers ²	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) ²	mg	0.0	--	0	0	0	--	--	--	--	--	--	--

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